

LAKE SIDE RECREATION

ACTIVITY & PROGRAM GUIDE





DIRECTOR'S MESSAGE

We are truly fortunate here at the Lakeside Community Center to sit on the shore of Lindo Lake, a beautiful backdrop for your special event, or personal health goals. Whether you're interested in one of our many fitness classes, dance or gymnastics for your children, or enjoying the serenity of our trails, there truly is something for everyone. I invite you to see for yourself what makes Lindo Lake County Park the recreational hub of our community.

Sincerely,

Kristin Roundy
Lakeside Community Center Supervisor

TABLE OF CONTENTS

3	10
SPECIAL EVENTS	LAKESIDE PARK PROGRAMS
4	11
CHILD ENRICHMENT	IT'S HOW WE LIVE!
5-7	HEALTH FAIR
YOUTH PROGRAMS	12-13
8-9	REC CLUB/TEEN ACTIVITIES
HEALTH & WELLNESS	14-15
9	RENTALS
LIFE LONG LEARNING	



LAKESIDE COMMUNITY CENTER

9841 Vine Street
P.O. Box 1708
Lakeside, CA. 92040

For information and registration, please call (619) 443-9176.
Registration also available online at www.sdparks.org.
*Registration for all classes closes on the 7th of each month.

HOURS OF OPERATION

Days *Monday – Friday*
Time *12:00 pm – 8:00 pm*
Saturday & Sunday closed for private events

HOLIDAY CLOSURES

January 1, New Year's Day
January 21, Martin Luther King Jr. Day
February 18, President's Day
April 1, Cesar Chavez Day
May 27, Memorial Day

BOARD OF SUPERVISORS

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3

Ron Roberts, District 4
Bill Horn, District 5

Chief Administrative Officer
Helen N. Robbins-Meyer

Department Director
Brian Albright



Look for the **Live a Healthy Life** logo throughout the program guide offering classes that have a health and wellness benefit for the participant.

SPECIAL EVENTS

IT'S HOW WE LIVE! HEALTH FAIR



Date Saturday, March 29
Time 9:00 am – 12:00 pm
Location Lindo Lake County Park

The It's How We Live! Health Fair is a free community festival for the entire family. Activities will include games, a rock climbing wall and an obstacle course. Health related information booths will also be on display, as well as healthy food samples, and health and dental screenings. Event will immediately follow the Lakeside Union School District's Run for the Arts.

PICKLEBALL TOURNAMENT



Date Saturday, May 3
Time 10:00 am – 3:00 pm
Location Lakeside Community Center

Come and join us for our Annual Lakeside Pickleball Tournament. This will be a doubles-style tournament with every team guaranteed to play twice. Food, drinks, and prize drawings will be available for all. Trophies will be presented to the winners.



PICKLEBALL



IT'S HOW WE LIVE! HEALTH FAIR

CHILD ENRICHMENT



Our purpose is to expand your child's development in all areas, including pre-reading, pre-math, social, emotional, language, small motor and large motor.

- We are a non-profit preschool.
- We provide half-day enrichment classes.
- Classes run September through June.
- We fill our openings from our Priority Wait List.
- Visit us online at www.WonderDiscovery.com to fill out a wait list form to be placed on the Priority Wait List.

Our classes are well-known for:

- Outstanding, child-centered, "Wonder and Discovery" curriculum, based on a combination of Montessori, Waldorf, Reggio and Project Based learning.
- A remarkable teacher to child ratio: 3 teachers for 12, three & four year-olds; and 3 teachers for 18, four & five year-olds.
- Experienced staff with over 75 years of combined experience teaching preschoolers.
- Beautifully equipped, clean and engaging classroom environments. Call for a tour to see for yourself!
- Outdoor nature experiences.
- Regular cooking experiences with an emphasis on nutrition and healthy eating.

CLASSES FOR 3 & 4 YEAR OLDS

Child must have turned 3 by December 2, 2013

Date *Tuesday & Thursday*
Time 8:30 am – 11:30 am
Fee \$160 per month*

Date *Wednesday & Friday*
Time 8:30 am – 11:30 am
Fee \$160 per month*

CLASSES FOR 4 & 5 YEAR OLDS

Child must have turned 4 by December 2, 2013

Date *Tuesday & Thursday*
Time 8:30 am – 11:30 am
Fee \$160 per month*

Date *Monday, Wednesday, & Friday*
Time 8:30 am – 11:30 am
Fee \$230 per month*

Date *Tuesday, Wednesday, & Thursday*
Time 12:30 pm – 3:30 pm
Fee \$230 per month*

Date *Monday – Friday*
Time 8:30 am – 11:30 am
Fee \$375 per month*

A \$40 per school year, non-refundable registration fee is required to secure your child's enrollment.

* PARTIAL SCHOLARSHIPS AVAILABLE. ASK FOR AN APPLICATION.

Please call (619) 443-2696 to schedule a tour, and for more information check out our web site at www.wonderanddiscovery.com.

Lic. #376700063

A Child's Center of Wonder & Discovery preschool admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarships, and loan programs, and athletic and other school-administered programs.



PRESCHOOL

YOUTH PROGRAMS

Registration closes on the 7th of each month.

Give it a Try! FREE TRIAL CLASSES

Not sure which class is the best for you? No problem! The Lakeside Community Center will offer one free trial class during the first week of all Winter/Spring 2014 sessions.

Trial apply only to classes listed under the "Youth Programs" section of the guide.

Trial are by appointment only.

Please call the Lakeside Community Center at (619) 443-9176 to book your free trial today!



CLASSES BY GYM TRIX

Date All classes on Tuesdays
Fee \$40 per month

These classes include gymnastics, tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes, balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence. Please note that parents must remain outside the room during most classes.

WEE GYMNASTICS

Time 5:45 pm – 6:15 pm
Ages 1 – 2 years

This is a half-hour parent participation gymnastics class. Students and parents will go over basic gymnastics skills, as well as games.

KINDERTRIX 1

Time 5:00 pm – 5:45 pm
Ages 3 – 5 years

This 45-minute gymnastics class will cover elementary gymnastics skills on the floor, low balance beam, and the mini bar.

KINDERTRIX 2

Time 6:15 pm – 7:00 pm
Ages 4 – 6 years

This advanced level gymnastics class will progress gymnastics skills on the floor, low balance beam, and mini bar. Registration for Kindertrix 2 requires prior approval from instructor.

TUMBLING 1

Time 3:30 pm – 4:15 pm
Ages 6 years & up

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers, as well as beginning cheer skills. Please wear athletic shoes to class.

TUMBLING 2 & 3

Time 4:15 pm – 5:00 pm
Ages 6 years & up

This advanced level class will go over tumbling skills such as bridge kickovers, back handsprings and round off back handsprings, as well as advanced cheer skills. Please wear athletic shoes to class. Registration for Tumbling 2 & 3 requires prior approval from instructor.

KARATE BY GUZMAN TANG SOO DO

Date Tuesday
Time 7:00 pm – 8:00 pm

Date Wednesday
Time 4:00 pm – 5:30 pm

Date Friday
Time 5:00 pm – 6:30 pm
Ages 6 years & up
Fee \$40 month

*Sign up your child for 3 months at one time and receive a free uniform.

*Sign up your child and yourself for three months, and pay \$120 for your child, \$50 for yourself, and both receive a free uniform.

*Additional testing fees apply. \$40 for participants 6 years of age and older, and \$20 for participants 3 – 5 years of age.



KARATE BY GUZMAN TANG SOO DO (cont).

*Schedule changes may occur to accommodate testing days.

Our students build confidence and are taught respect, self-control, and how to set and achieve goals. Students are taught self-defense in blocking, deflecting energy, striking, kicking, controlling opponents, and escape tactics. Our instructors are highly qualified in proper technique, teaching, and encouraging kids in a friendly, but disciplined manner. Families are encouraged to participate together.

LITTLE DRAGONS

Date Friday
Time 4:00 pm – 4:45 pm
Ages 3 – 6 years
Fee \$30 month

Little Dragons Martial Arts is designed to introduce children ages 3 to 6 years of age to martial arts. Children are taught to sit, pay attention and control themselves in a positive manner. Martial arts training will improve hand/eye, and footwork coordination through exercises designed specifically for their age. They will also learn the basic principles of martial arts while having fun.



TANG SOO DO

CLASSES BY TUMBLE WEE & DANCE



Our dance and gymnastics programs are sure to get your child moving in no time! They will develop coordination, balance, and learn age appropriate skills and techniques. Our programs perform throughout San Diego 5-10 times a year. Seasonal recitals will be held for all classes at the Lakeside Community Center.

MUSIC & MOVEMENT



Date Tuesday
Time 9:45 am – 10:15 am
Ages 8 months – 4 years
Fee \$40 month

Date Friday
Time 9:15 am – 9:45 am
Ages 8 months – 4 years
Fee \$40 month

This parent participation class is specifically designed to meet the developmental needs of infants and toddlers. Together we will sing, dance, play instruments, and of course have a ton of fun! Parents will learn fantastic music activities they can recreate at home with their children!

WEE DANCE



Date Friday
Time 10:00 am – 10:30 am
Ages 1.5 – 3.5 years
Fee \$40 month

Parent participation is required for this fun filled dance class. Your tiny dancer will soon develop coordination, balance, and learn simple dance movements. Watch as your dancer learns to walk on toes, twirl in circles, skip, and stamp their feet in tap shoes. Creative and colorful props are used in every class. Your dancer will also learn to take turns, wait in line, and work together with friends and instructors. Ballet and elastic band tap shoes, leotard, and tights required. No tutus.

PRESCHOOL GYMNASTICS I



Date Tuesday
Time 10:30 am – 11:00 am
Ages 16 months – 3.5 years
Fee \$40 month

Parent participation is required for this fun filled class. Beginning gymnastics skills will be taught such as forward, straddle, and backward rolls. Come walk across the mini balance beam and flip over the bars. Fun obstacle course, music, colors, shapes, and parachute time guarantees a fun time for all. Gymnastics leotard or comfortable clothing required.



TUMBLE WEE AND DANCE

PRESCHOOL GYMNASTICS II



Date Tuesday
Time 11:05 am – 11:50 am
Ages 3-5 years
Fee \$40 month

Date Friday
Time 10:45 am – 11:30 am
Ages 3 – 5 years
Fee \$40 month

Students will learn basic gymnastic progressions for forward, straddle, and backward rolls, and handstands and cartwheels. We will go over balancing on the balance beam, learning jumps, and building strength and conditioning skills on the bars. Students will also develop self-confidence, listening skills, and advance to our Gymnastics I and II programs. Gymnastics leotard is required. Accompanying adults must wait outside.

GYMNASTICS I



Date Monday
Time 3:45 pm – 4:45 pm
Ages 6 – 8 years
Fee \$40 month

This class focuses on all-around exercises on the balance beam, bars, vault, and floor. Beginning to intermediate skills will be taught in every exercise on a weekly basis. Our highly trained instructors will insure that every student is building the appropriate age level skills to move up for advancement for competitive, or high school gymnastics. Our gymnasts will learn to obtain balance, coordination, mount, dismount, walk, jump, perform acrobatics on our balance beams, and will learn agility and speed when mounting and dismounting the vault. Gymnasts will also learn to create a floor routine with jumps, leaps, beginning ballet dance styles, as well as flips and tumbling passes. Gymnastics leotard required.

GYMNASTICS II



Date *Monday*
Time 4:45 pm – 5:45 pm
Ages 9 years & up
Fee \$40 month

***Must have prior instructor approval**

This class expands on all-around exercises on the balance beam, bars, vault, and floor. Students must be 9 years of age or older, and must meet the following requirements: handstand, cartwheel, push up to a bridge and kick over. Not having these skills will require you to first attend the Gymnastics I class. Our gymnasts will learn to obtain balance, coordination, mount, dismount, walk, jump, perform acrobatics on our balance beams, and will learn agility and speed when mounting and dismounting the vault. Gymnasts will also learn to create a floor routine with jumps, leaps, beginning ballet dance styles, as well as flips and tumbling passes. Accompanying adults must wait outside.

PRESCHOOL DANCE I



Date *Thursday*
Time 5:15 pm – 6:00 pm
Ages 2.5 – 3.5 years
Fee \$40 month

***Must have prior instructor approval**

Your young dancer is finally ready to dance on their own, and this class will teach a variety of different dance techniques. Pre-ballet, as well as tap will be taught. Simple bar exercises will also be introduced. Ballet and elastic band tap shoes, leotard, and tights must be worn to every class. No tutus. Accompanying adults must wait outside.

PRESCHOOL DANCE II



Date *Wednesday*
Time 5:45 pm – 6:30 pm
Ages 4 – 5 years
Fee \$40 month

***Must have prior instructor approval**

This is an advancement class of Preschool Dance I. See Preschool Dance I description.

PRESCHOOL HIP-HOP



Date *Wednesday*
Time 4:50 – 5:35 pm
Ages 4-5 years
Fee \$40 month

This high energy class is a blend of today's "street style" dance. Hip-hop dance terminology along with proper technique for executing the movements will be covered. The class will cover age appropriate routines from beginner to advanced that integrate hip-hop moves with funk and jazz techniques. Ballet or jazz shoes required. Accompanying adults must wait outside.

HIP-HOP I



Date *Thursday*
Time 4:30 pm – 5:15 pm
Ages 6 – 8 years
Fee \$40 month

Your dancer will learn basic choreography to age appropriate music with easy to learn steps. Our instructors will break down dance skills step by step in order for your child to understand and have fun. Ballet or jazz shoes required. Accompanying adults must wait outside.

HIP-HOP II



Date *Wednesday*
Time 3:45 pm – 4:45pm
Ages 9 years & up
Fee \$40 month

***Must have prior instructor approval if participant does not meet age requirement**

Advancement of Hip-Hop I. See Hip-Hop I description.

BALLET & TAP I



Date *Thursday*
Time 3:45 pm – 4:30 pm
Ages 6 – 8 years
Fee \$40 month

This class goes over beginning to intermediate ballet and tap. The class is well structured but also fun and high energy. Strength and conditioning, bar exercises, as well as choreography to music will be involved in every class. Ballet and tap shoes, tights and leotard required.

BALLET & TAP II



Date *Thursday*
Time 3:45 pm – 4:30 pm
Ages 9 years and up
Fee \$40 month

***Must have prior instructor approval if participant does not meet age requirement**

Advancement from Ballet & Tap I. See Ballet and Tap I description.



TUMBLE WEE AND DANCE

HEALTH & WELLNESS

Registration closes on the 7th of each month.

ZUMBA



Date *Tuesday*
Time 12:30 pm – 1:30 pm

Date *Thursday*
Time 6:05 pm – 7:05 pm
Ages 13 years & up
Fee \$6 per class when registering for the month
\$7 drop in fee

Zumba is the Latin inspired, easy to follow, calorie burning, feel it to the core, fitness party! You will get a marvelous workout and condition all muscles while having fun. Join the party!!



OUTDOOR CIRCUIT TRAINING BY CONDOR FITNESS

Date *Monday, Wednesday, & Friday*
– \$45 month
Tuesday & Thursday
– \$35 month
Time 4:30 pm – 5:30 pm
Ages 18 years & up



This is a full body exercise class that incorporates circuit training to help you lose weight, tone muscle, improve athletic performance, and also build confidence. The class will use different weights, medicine balls, and other exercise equipment.

BOOTCAMP BY CONDOR FITNESS

Date *Tuesday & Thursday*
Time 6:15 pm – 7:15 pm
Ages 18 years & up
Fee \$40 month
\$7 drop in fee



Boot Camp Fitness is a one-hour long class which combines weights, balance tools, the human body, and cardio in a way that activates all of the major muscles groups. Exercises continuously change so that participants will improve on a regular basis, and this will also keep the workout interesting. Exercises are modified so each individual will be pushed at a level that is appropriate for them, so all fitness levels are welcome.

CARDIO CRUNCH CLASS BY CONDOR FITNESS



Date *Tuesday & Thursday*
Time 7:15 pm – 8:00 pm
Ages 14 years & up
Fee \$40 month
\$7 drop in fee

This 45-minute class is non-stop movement that targets the full body. Participants will use only body weight to perform muscle building, core strengthening, and calorie burning exercises. The exercises will be accompanied by upbeat music to keep everyone on track and motivated. Drills that participants should expect to do in this class include: pushups, squats, floor abdominal exercises, moving abdominal exercises, jogging in place, and much more. All fitness levels are welcome, as all drills can be modified.

PICKLEBALL



Date *Tuesday & Thursday*
Time 2:00 pm – 6:00 pm
Ages 18 years & up
Fee \$2 drop in fee

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a wiffle ball), and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join us for fun, friends, and lots of laughter!

LINE DANCING



Date *Monday*
Level High Beginner Class
(Some experience required)
Time 6:00 pm – 7:00 pm
Fee \$6 drop in fee
Level Intermediate Class
Time 7:00 pm – 8:00 pm
Ages 12 years & up
Fee \$6 drop in fee

Line dancing is an easy way to have fun while you exercise your body and your mind. This class will focus on more than just learning dances – we will incorporate variations, choreography, learning which dances to do with different songs, plus lots more. Join other dancers and learn some of the most popular line dances around.

TAI CHI



Date *Monday, Tuesday, Wednesday, & Thursday*
Time 11:00 am – 12:00 pm
Ages 18 years & up
Fee Free

This Chinese martial art promotes health and longevity. The experience of hundreds of years has shown that practicing Tai Chi can improve one's health, reduce tension, and help with the symptoms related to a number of diseases such as high blood pressure, arthritis, asthma, stomach ailments, heart problems, and nervousness.



CONDOR FITNESS

LINDO LAKE EXERCISE PATH

Date *Open Everyday*
Time *Sunrise – Sunset*
Ages *14 years & up*
Fee *Free*



Don't have the time or resources for a gym membership? No need! Get active, be inspired and have fun at Lindo Lake County Park. The Lindo Lake exercise path has multiple exercise stations, including: stationary bikes, leg presses, lat pulls, and abdominal benches. Come enjoy the scenic nature of Lindo Lake County Park the next time you want to get a free, fun workout! Exercise path training guides are available in the Lakeside Community Center office upon request.



LINDO LAKE

LIFELONG LEARNING

Registration closes on the 7th of each month.

BEADWEAVING 101

Date *Friday*
Time *10:00 am – 3:00 pm*
Fee *\$15 for the first class (all materials provided). Thereafter, participant provides own materials; classroom instruction and patterns are free.*

Beadweaving 101 is a series of weekly classes spanning January through May. These classes will teach you the basic stitches needed to create many beautiful pieces of beadwoven jewelry. After the participant's first class, in which all materials are provided for \$15, the participant will be responsible for purchasing their own materials and will be provided with a materials shopping list for any additional classes they wish to attend. Classroom instruction and patterns are free.

Please call class instructor, Christie at (619) 933-8490, at least one week prior to your first class so that a kit may be prepared for you.

"Friday Beading" affords you the opportunity to:

- Develop a new hobby with extremely minimal startup costs.
- Create beautiful gifts for yourself, or others.
- Cultivate new friendships.
- Have fun visiting, while producing a beautiful piece of jewelry!



SALVATION ARMY SENIOR LUNCH

THE SALVATION ARMY NUTRITION PROGRAM

Date *Monday – Friday*
Time *12:00 pm – 12:50 pm*
Fee *\$4 suggested donation for seniors 60 & over or \$6 for non-seniors*

A delicious and nutritious meal offering items from all the food groups.

LAKESIDE AREA PARK PROGRAMS

LAKESIDE LINKAGE PRESERVE – NATURE STUDY & HIKING ADVENTURE

Date *Sunday, January 19,
February 23, March 16*
Time *9:00 am – 10:30 am*
Age *All Ages*
Fee *Free*



Join us for a Park Ranger led hike where we will explore the wonders of nature. You will learn about the plants and animals that inhabit our local community, and how the Native Americans used plants in their daily lives. Bring water, wear comfortable shoes and dress according to the weather. Parking is along Los Coches Road, north of Ha-Hana Road.

TOUCH TABLE AT LINDO LAKE PARK

Date *Sunday, April 27 and May 18*
Time *1:00 pm – 2:00 pm*
Ages *All ages*
Fee *Free*



Learn about wildlife that inhabits the local area. Feel how soft a bobcat's fur is! The touch table will be set up inside the park, across from the small pavilion.

NATURE HIKE AT LINDO LAKE PARK

Date *Saturdays*
Time *10:00 am – 11:00 am*
Ages *All ages*
Fee *Free*



Come join a Park Ranger for a scenic nature hike around Lindo Lake County Park. You will explore the native plants and animals that inhabit the East Basin, as well as discover the rich history behind this natural lake. The group will meet in front of Pavilion 1 on the South-East side of the park.

TRACK TRAILS AT LINDO LAKE PARK

Date *Open Everyday*
Time *Sunrise to Sunset*
Ages *All ages*
Fee *Free*



TRACK Trails is a network of family friendly trails that encourages kids to be "un-plugged", outdoors and to reconnect with nature for the benefit of their health and the health of our parks.

The Lindo Lake TRACK Trail has a series of 4 brochure-led self-guided adventures – Nature's Hide & Seek; Birds of Lindo Lake Park; Animal Athletes; and the Need for Trees. All "adventures" are designed to turn an ordinary hike into a fun-filled adventure.

Kids can earn PRIZES for TRACKing their TRACK Trail adventures in their online nature journal on the TRACK Trails website, <http://kidsinparks.com/>.

EARTH DAY CELEBRATION AT LOUIS STELZER PARK

Date *Saturday, April 19*
Time *10:00 am – 12:00 pm*
Ages *All ages*
Fee *\$3 parking fee*



Join us for a hike on our 1.5 mile loop trail as we look for nature's relationships and how everything in nature is connected. We will complete a track trail brochure on our hike, so children can register, log their hike, and begin to win prizes. We will follow up our hike with crafts in the park. We will enjoy nature while creating art that will have children connecting with the environment around them. Please call (619) 561-0580, to make reservations. Meet at the ranger station.

NATURE HIKE AT LOUIS STELZER PARK



Date *Saturday, January 4,
February 1, March 1, April 5,
and May 3*
Time *9:00 am – 10:00 am*
Ages *All Ages*
Fee *\$3 parking fee*

Join us for a Ranger-led walk along the 1.5 mile Wooten Loop-Riparian Trail. This hike takes you down an easy to moderate hike on an unpaved, yet maintained trail. We will travel along an open hillside with views of Stelzer Ridge and Wildcat Canyon and then return through the shaded Oak and Sycamore lined trail along Stelzer Creek.

Please call (619) 561-0580, to make reservations. Meet at the ranger station. Wear appropriate shoes, and bring sunscreen, a hat, and drinking water. All hikes will be canceled in the event of rain.

SNAKES & SKINS OF LOUIS STELZER PARK



Date *Saturday, March 15*
Time *10:00 am – 11:00 am*
Ages *All Ages*
Fee *\$3 parking fee*

Come and see the snakes that hang out at Stelzer, as well as some of the animals we've found around our park. You will see rattlesnakes, gopher snakes, a rosy boa, and a king snake. You will learn about some of the animals located in San Diego County from skunks to badgers to bobcats, and many others. You will also have a chance to touch some of these snakes and furs!



TRACK TRAILS

9th Annual

It's How We Live!

FREE COMMUNITY FESTIVAL FOR THE ENTIRE FAMILY

FEATURING:

FREE

Games and Activities
Rock Climbing Wall
Live Entertainment

Information Booth
Healthy Food Samples
Health and Dental Screenings
Prizes and Giveaways

Take The Path To A Healthier You

Saturday
March 29, 2014
9:00 am – 12:00 pm

Immediately following
Run for the Arts

Lindo Lake County Park
(the ballfield)
9841 Vine St. • Lakeside

For More Information
Call: 619•443•9176

A SMOKE FREE EVENT



**Parks
Make
Life
Better!**

GO PLAY, GET FIT
BE HEALTHY!

REC CLUB / TEEN ACTIVITIES

LOCATION

9911 Vine Street
P.O. Box 1708
Lakeside, CA 92040



HOURS OF OPERATION

Date Monday, Tuesday, Thursday, Friday
Time 2:00 pm – 6:00 pm

Date Wednesdays
Time 1:00pm – 5:00 pm

HOLIDAY CLOSURES

January 1 – 3, Holiday Break
January 21, Martin Luther King Jr. Day
February 18, President's Day
April 1, Cesar Chavez Day
May 27, Memorial Day

Ages 10 – 17 years
Fee Free

The Lakeside REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, please contact Kelly Hahs, Recreation Program Coordinator, at (619) 443-4169.



REC CLUB



REC CLUB

WEEKLY ACTIVITIES

- Arts & crafts
- Homework assistance
- Talent shows
- Tutoring
- Dance, fitness & cooking
- Nutrition workshops
- Leadership groups
- Diversity training
- Team building initiatives

ENERGY SAVING ADVENTURES (ESA)

Day Monday – Friday
Time 3:00 pm – 5:00 pm

Energy Saving Adventures (ESA) is the new REC Club perspective of taking charge of our future through resource conservation. The daily after school program inspires and empowers youth to create change in the world around them. Through films, tournaments, experiments, and field trips, each day, teens tackle important concepts through an Energy Saving Adventure.



REC CLUB

RECXPLORERS

RECXplorers is an outdoor adventure program which is focused on developing an appreciation for the outdoors and an ethic of environmental stewardship. Working together, ESA and RECXplorers have developed programs that culminate in what has been named Environmental Energy Education, a hybrid project of sustainability and outdoor recreation.

Multiple FREE offsite fieldtrips offered throughout the Winter/Spring!

GREEN TEEN GARDEN PROGRAM

Date **Wednesdays**
Time **3:00 pm – 4:00 pm**

The Green Teen Garden Program empowers teens to be effective community change agents by immersing them in the local food system. The program teaches life and work skills through hands-on experiences in gardening, health and nutrition, entrepreneurship, and leadership. Teens explore various aspects of the food system through hands on planting, upkeep and harvest of seasonal plants and vegetables. Harvested items will be used to teach culinary skills, healthy eating habits, economic savings and the importance of growing locally as a sustainable alternative.

REC CLUB SKATECREW

Date **Fridays**
Time **4:00 pm – 5:00 pm**

Come join the Lakeside REC Club Skatecrew! The goal of the skatecrew is to create awareness about skateboarding in Lakeside and be the youth voice for the upcoming skate park. The group meets on Fridays to watch and create skate videos, compete in skate competitions, and promote safe riding techniques. Free trips to local skate spots are provided for free to get teens inspired. Skatecrew is open to youth of all skill levels.

Multiple FREE offsite fieldtrips offered throughout the Winter/Spring.

AUDIO/VISUAL PRODUCTION

Date **Monday – Friday**
Time **3:00 pm – 6:00 pm**

The Lakeside REC Club has recently upgraded its music room. The new upgrade includes professional equipment that allows for studio quality audio/visual projects. Whether it's your first time or you are an experienced DJ, there is something for everyone. Come learn what all the NOISE is about!

LAKESIDE COMMUNITY CENTER RENTALS

• WEDDINGS • BIRTHDAYS • ANNIVERSARIES • BANQUETS

For reservation information, please call
619-443-9176



Room	Square Footage	Capacity	Private Function/ Commercial Users	Non profit/ On going rentals	Refundable Deposit	Tables & Chairs Rental Fee
MEYER HALL (Fri, Sat)	4650	250	\$650/\$150*	\$500/\$125*	\$300	\$150
MEYER HALL (Mon-Thurs)	4650	250	\$150/hr	\$125/hr	\$150	\$100
MORENO ROOM	1638	90	\$95/hr	\$60/hr	\$100	\$75
LAKESHORE ROOM	510	30	\$23/hr	\$15/hr	n/a	n/a

*Meyer Hall – 4 hours at the first rate. Each additional hour is at the second rate. | Additional rates may apply.



PAVILION 2



PAVILION 1

LINDO LAKE COUNTY PARK RENTALS

Lindo Lake County Park is the recreational center of the Lakeside community. With its family and group picnic areas, stage, play areas, softball field, horseshoe pits, fishing, and tennis courts, there is something for everyone. The park is also home to the local County Library. Lindo Lake is also known for its excellent bird watching opportunities. A new fitness walk on the westernmost peninsula on the south shore of the lake features 17 physical fitness stations that present a scenic, no-cost workout for park visitors.



LINDO LAKE BOAT HOUSE

Area	Seating	BBQ	Fees	Other
PAVILION 1	100	3	\$175/day	Full shade; restrooms & playground nearby; small stage, no electricity
PAVILION 2	50	3	\$100/day	Full shade; restrooms & playground nearby; no electricity
BOAT HOUSE	50	n/a	\$75/hour or \$300/day	Full shade; restrooms nearby; no electricity

For Pavilion reservations call 858-565-3600
For Boat House reservations call 619-443-9176

**Lakeside Recreation**

The Lakeside Community Activity and Program Guide is published three times a year.

Copies may be downloaded from www.sdparks.org.

follow us on
twitter



Follow Us on Twitter

Pinterest

Follow Us on Pinterest

**BOARD OF SUPERVISORS**

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3
Ron Roberts, District 4
Bill Horn, District 5

Chief Administrative Officer

Helen N. Robbins-Meyer

DEPARTMENT DIRECTOR

Brian Albright

DEPARTMENT OF PARKS AND RECREATION

5500 Overland Avenue, Suite 410
San Diego, California 92123
858-694-3030

LAKESIDE COMMUNITY CENTER

9841 Vine Street
P.O. Box 1708
Lakeside, CA. 92040

PRSR STD
ECRWSS
US POSTAGE PAID
SAN DIEGO, CA
PERMIT NO. 571

POSTAL RESIDENT